

To ensure that roads reopen to vehicular traffic at the published times, a cut off point will be enforced along the marathon route. Marathon participants must pass the 13.2-mile mark by 11:30 am (17:24-min. per mile pace) or they will be stopped and shuttled to the finish. While there is no official cut-off on the half marathon course, all participants should be prepared to complete the 13.1-mile course in less than 4 hours (18:19-min. per mile pace). Your official time will not start until you cross the start line. All participants must be in good health and prepared to complete the marathon within 7 hours and 15 minutes or the half marathon within 4 hours.

8:25 am

8:30 am

#### **Switching Races**

HOENIX \* SCOTTSDALE

If your training goes better than you expected, or heads south this winter, it's okay to switch races. An upgrade fee will be charged if you switch from the half to the full marathon. You can exchange your race number and pay the \$35 fee at the "Marathon Upgrade" table at the Expo. If you plan to switch from the full to the half marathon, you do NOT need to notify us. On race day, simply proceed to the half marathon start and let a corral captain guide you to the appropriate corral.

#### Participant Shuttles to Start - 4:30 am to 7:30 am

Free shuttle service will be provided for all participants from the finish area to the start from 4:30 to 7:30 am. Shuttle rides are for participants only. Free parking is available in the shuttle lots surrounding the finish area; after the race, you can walk to your car. PLEASE arrive at the finish shuttle area at least 2 hours before your race start time to allow for event traffic, parking, shuttle bus lines and a 40-minute shuttle ride to the start.

If you are participating on behalf of one of our official charities, check with your chapter leader for your race day transportation plan. Many official hotels provide race day shuttle service as well. Ask your hotel concierge for details. Limited parking will be available at the start, however there is NO shuttle service from the finish back to the start after the race. For specifics on shuttles, spectator parking and runner drop-off locations, please refer to the Parking & Shuttle Information sheet.

#### **METRO Light Rail**

With stops convenient to the Expo and Finish Line Festival, and a stop within a mile of the Start, METRO light rail is a great option for race participants and spectators. Please note: METRO light rail stations north of McDowell Rd. will be without service until approximately 10 am on race day, or until the race has cleared the course. For details on race day service and how to best utilize light rail throughout race weekend, visit metrolightrail.org.

#### **Race Day Temperatures**

Dress in layers and be prepared! The start will likely be chilly—around 40 degrees. Temperatures can warm up to about 65 degrees later in the day (the average high in January). Please check the race day weather forecast when you arrive in town, and plan accordingly.

#### **Earn the Desert Double Down!**

If you ran the inaugural Rock 'n' Roll Las Vegas Marathon or Half Marathon on December 6, and complete the marathon or half marathon in Arizona six weeks later, you'll earn the NEW Desert Double Down medal. You will automatically receive the medal in the mail, approximately 6 weeks after you finish the Arizona race. For information on the Rock 'n' Roll Marathon Heavy Medal Series, visit runrocknroll.com.

#### EXPO AND PACKET PICK UP INFORMATION...

Health & Fitness Expo, Presented by FOX 10 and My 45 Phoenix Convention Center

100 N. Third Street, Phoenix, AZ 85004

Friday, January 15<sup>th</sup> 10 am to 7 pm Saturday, January 16<sup>th</sup> 9 am to 6 pm





#### Expo Admission is FREE and Open to the Public!

Experience one of the most dynamic running Expos in the country, featuring over 130 interactive booths and the latest in fitness, healthy living and endurance sports. Participants are required to attend the Expo to pick-up their race packet, timing tag, T-shirt and goodie bag. Give yourself plenty of time to shop for any last minute needs, like GU packets and official race merchandise and souvenirs. Visit the Expo on Friday for the best selection.



#### **Expo Location and Parking**

The Expo will take place in the north building of the Phoenix Convention Center, located in downtown Phoenix between Washington and Monroe and 3rd and 5rd Street. Numerous parking garages (\$10 - \$12 a day)

are within walking distance of the Expo, and limited street parking is available. The **Convention Parking East Garage** is the largest parking structure nearby, and is located just west of 7th Street off Washington. Alternately, take the light rail and get off at the 3rd Street / Washington (westbound) or 3rd Street/Jefferson (eastbound) station. The Convention Center is between Monroe and Washington, north of Jefferson.

#### **Expo Race Packet Pick-Up**

YOUR COMPLETED RACE CONFIRMATION SHEET AND PHOTO ID ARE REQUIRED TO PICK UP YOUR RACE NUMBER AND TIMING TAG AT THE EXPO.

New this year, you will need to download and print your personal confirmation sheet from the **arizona.competitor.com** website after January 12th. You will receive a separate email notification in January, reminding you to download and print your personal confirmation sheet, which will list your race number and start line corral. At that time, please complete the travel information on the confirmation sheet, read and sign the waiver, and verify that all the printed information is correct. Please report any changes to the "Solutions" table at the Expo.

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#### **Race Number and Timing Tag Pick-Up**

Race numbers and ChronoTrack timing tags must be picked up at the Expo; they cannot be mailed and will not be available for pick-up on race day. Family and friends will not be able to pick up your race number and timing

CHRONOTRACK

tag for you, so plan your trip accordingly.

#### **New ChronoTrack Timing**

The ChronoTrack timing system uses a disposable tag that does NOT need to be returned at the finish.

With ChronoTrack timing, your official time begins as you cross the Start, stops when you cross the Finish, and can be used to qualify for events like the Boston Marathon. Age group awards will be determined by your ChronoTrack time, while overall and cash awards will be determined by gun time. If you do NOT wear the ChronoTrack tag on your shoe during the race, you will NOT receive an official race time or finisher's certificate. The tag, and instructions on how to secure the tag to your shoe, will be attached to your race number. Personal timing chips (i.e. Champion Chips) will NOT work with the new ChronoTrack timing system.



#### **ChronoTrack Timing Tag Rules**

- DO NOT forget your tag on race day NO TAG, NO TIME.
- DO NOT exchange your tag with any other participant.
- DO NOT cross the finish line twice or double back on any part of the course.
- DO NOT secure your tag to anything other than your shoe.
- You MUST cross the start line during the official start, and before the timing mats have been removed, to receive an official time.
- Personal timing chips will NOT work with the ChronoTrack timing system.

#### **Race Number Requirements**

- Fill in all necessary medical and emergency contact information on the back of your race number.
- Your race number must be visible and worn on the front and outside of all clothing during the entire race.
- · Your race number is non-transferable and may only be worn you.
- Do NOT alter your race number in any way.
- Securely fasten your race number to the front of your running outfit with safety pins.

#### **Expo Clinics**

Learn valuable race tips from Runner's World icon, John 'The Penguin' Bingham, and running legends Ryan Hall, Dean Karnazes, Josh Cox and Steve Scott. Clinics are FREE and will take place continuously on Friday and Saturday at the Expo. View the complete schedule at arizona.competitor.com in January.

#### Join a Pace Team

Make it to the finish line in record time with the Arizona Road Racers! They'll help you set the pace and get you to the finish in your goal time. Visit the Arizona Road Racers booth at the Expo for details. **Pace groups offered at the 2010 race include, 1/2 Marathon:** 1:30, 1:35, 1:45, 1:52, 2:00, 2:07, 2:15, 2:22 and 2:30. **Marathon:** 3:00, 3:10, 3:15, 3:20, 3:30, 3:40, 3:45, 3:50, 4:00, 4:15, 4:30, 5:00 and 6:00.

#### **Official Race Gear**

Celebrate your race experience with official P.F. Chang's Rock 'n' Roll Arizona race gear. From finisher T's and guitar pins, to customized Sugoi running apparel, we've got you covered. Official race souvenirs are available online, at the Expo and at the Finish Line Festival.

#### P.F. Chang's

P.F. CHANG'S

Join the Post-race party with P.F. Chang's! Stop by the P.F. Chang's booth at the Health & Fitness Expo and sign up for the P.F. Chang's Warrior card to receive admission to our post-race VIP area. Our chefs will be cooking up FREE chicken lettuce wraps and other delicious snacks to help you recover from your race, warrior-style.

#### **Nutrilite**



Does your multivitamin list plant concentrates as an ingredient? If not, it's time to upgrade! Bring a competitors' multivitamin bottle to the NUTRILITE Mobile Experience at the P.F. Chang's Rock 'n' Roll Arizona Expo, and swap it for a bottle of NUTRILITE Daily. NUTRILITE Daily gives you the added benefit of seven plant concentrates, providing more than 500 mg of phytonutrients.

#### 7 Years Running



Dave Newman has been the official race artist since the inaugural event in 2004. Embracing the seven year theme, Dave composed this year's art using seven prime elements; six images shaped like the state of Arizona framing one large central image, the iconic saguaro cactus. Each piece tells a story about running, music and Arizona. Limited edition posters may be purchased online or at the Expo souvenir store, where

Dave will be signing on Friday and Saturday.

You can drive 90 minute north to Prescott to visit the "Newman Gallery" at 106-A South Montezuma Street (www.newmangallery.net). Or view Dave's work at Xanadu Gallery at Main Street Plaza in Scottsdale (1-480-368-9929 or www.xanadugallery.com).

#### **UPS Shipping at Expo**

UPS can make your life a whole lot easier! The UPS Store will package and ship all your Expo purchases, so you don't have to stuff them in your suitcase. The UPS booth will be located near the exit of the Expo souvenir store.

#### **Raffle Supports Official Race Charities**

Purchase a charity raffle ticket for a chance to win Dave Newman's original artwork, "7 Years Running," valued at \$10,000. You can also win one of many other exciting prizes, including gift certificates from P.F. Chang's, official race merchandise and custom apparel from Sugoi (valued at \$25 - \$100). Tickets are available at the Expo souvenir store and from participating race charities. Proceeds benefit the official race charities.

#### RACE DAY AND BEYOND....

#### Phoenix Children's Hospital Kids Rock Saturday, January 16, 2010



Kids K - 6 can be a part of the action with the Phoenix Children's Hospital Kids Rock! This one-mile run/walk is all about having fun and making it to the finish line. Every child receives a T-shirt, goodie bag and finisher's medal just for participating! For details or to register your child, visit **kidsrockaz.com**.

#### **Making the Marathon More Green**

P.F. Chang's Rock 'n' Roll Arizona is committed to making the marathon more GREEN thanks to valued partner, Salt River Project (SRP). From the Expo to the Finish Line, we are committed to maximizing race recycling efforts throughout the marathon weekend. Please refer to arizona.competitor.com for more information on the marathon recycling program.

#### **Medical Information**

The Medical Team is a dedicated group of medical professionals available to assess your race day needs and administer acute first aid if necessary. Medical stations will be located at the Start, Finish and every few miles along the marathon and half marathon routes. For race day help, look for the RED and WHITE medical tents and volunteers dressed in RED medical shirts. To help the medical team help you, PLEASE FILL OUT THE MEDICAL INFORMATION ON THE BACK OF YOUR RACE NUMBER.

#### **Springfield Water, Gu and Cytomax Stations**

Springfield water, Cytomax sports drink (Citrus flavor) and GU energy gel will be provided on course to keep you fueled throughout the race. 18 water stations will be provided along the marathon course, with 7 stations on the half, and Cytomax will be served at 10 marathon and 6 half marathon stations. Cytomax and Springfield water will also be available at the Start and Finish.

CYTOMAX Cytomax provides optimal hydration and fuel energy to Reference: keep you going longer. Compared to leading sport drinks, athletes using Cytomax performed substantially better. Cytomax has been fueling athletes for seventeen years.

GU is proud to be the official energy gel of the P.F. Chang's Rock 'n' Roll Arizona. GU's patented carbohydrate blend delivers high-quality, easily-digested and long-lasting energy. Four flavors will be available on the marathon (mile 19) and half marathon (8.6 mile) course: Vanilla Bean, Strawberry Banana, Blueberry Pomegranate 'Roctane' and Tri-Berry.

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#### **Spectator & Band Info**

Live bands every mile will inspire runners and spectators alike, with one major stage rockin' all day long at the Finish Line Festival. For a breakdown of stage locations, bands and playing times, and tips on where to view the race, pick up an Official Spectator & Entertainment Guide at the Expo.

#### **Spirit on the Course**

Over 40 local high school cheer and dance teams will line the two courses, cheering you on to the finish line. Cash prizes will be awarded to the top three

teams. Show them a smile to let them know you appreciate their support!

#### **Volunteers Wanted**

Encourage your family and friends to get involved in your race day experience. We need thousands of extra hands at the Expo, Start and Finish. Volunteers receive an Official Race Crew T-shirt, a Goodie Bag, a P.F. Chang's rewards card and one heck of a good time! Group participation is



encouraged. To get involved, sign up online at arizona.competitor.com, email volunteeraz@competitorgroup.com or call 1-800-311-1255.



#### **UPS Gear Check**

Shed your layers at the Start and pack dry clothes and snacks for the Finish. UPS will transport your gear from Start to Finish— FREE! Pick up your UPS gear check bag at the Expo. Your goodie bag is your gear check bag, and your gear

tag is on your race number.



UPS Gear Check will be operating at the Start between 6 am and 8 am. Look for the long row of brown trucks- they will be arranged alphabetically and by truck number. Affix your gear tag to your gear bag before you leave it with UPS. After the race,

retrieve your bag at UPS Gear Pickup, located outside the finish secure zones. All bags must be claimed by 3 pm. The event is not responsible for lost items or bags. **DO NOT leave valuables, cash or jewelry in your gear bag.** 

#### Shed for a Cause

Stay warm at the start line and shed your extra layers the first few miles of the race. Goodwill of Arizona and Keep Phoenix Beautiful will collect your discarded garments for people in need. After the race, you can donate your running shoes at the recycling booth located near UPS Gear Check at the finish line.

#### **Finish Line Festival**

The Marathon and ½ Marathon have separate finish lines, however, they are both located on Packard Drive between ASU's Sun Devil and Sun Angel Stadium. Once you cross the finish line you will enter a "Secure Zone" – a fenced off area for race participants only. Here you will have your photo taken and find Springfield water, Cytomax sports drink, Forze bars, fruit from Shamrock Foods, and your finisher's medal. Please note, once you exit the Secure Zone, you may not re-enter. Proceed to UPS Gear Pickup to retrieve your gear bag, and then join your family and



friends for the Finish Line Festival and Headliner Concert!

#### **Family Reunion Area**

After the race, head to Family Reunion to reunite with friends and family and enjoy ongoing live music and refreshments. As a special reward, each race participant will receive one free MGD 64 light beer (valid photo ID required), which will also be available for cash purchase. The Family Reunion Area will be located on the infield of Sun Angel Stadium. Look for the tall alphabet signs (A - Z) and plan to meet your loved ones at a predetermined letter. A message center will be located in this area for you to post a note for your party, and event staff will be on-hand to assist with questions.

#### **Celebrate with MGD 64!**

MGD 64 wants to celebrate your finish in the P.F. Chang's Rock 'n' Roll Arizona Marathon or ½ Marathon. Be sure to stop by the MGD 64 tent after the race. "At only 64 calories, MGD 64 is the crisp, clean refreshing beer that's as light as it gets."



#### **Information Stations and Lost & Found**

Information Stations will be located at the Start and Finish, and will serve as race day Lost & Found. Valuable items found at the Start or Finish should be turned in to the Information Station. Items from the Start will be transported to the Finish; any valuable items NOT claimed at the Finish by 3 pm will be returned to our San Diego office. To claim an item after the event, please call 1-800-311-1255.

#### **Headliner Concert Celebration**

Sun Angel Stadium at Arizona State University



Celebrate your accomplishment with family and friends at the Finish Line Festival Headliner Concert! Alternative rock band and multi-platinum sensation, **Everclear**, will be taking center stage and performing hits from their latest album, "In a Different Light," as well as numerous fan

favorites. The concert is free to participants and the general public.

#### **Headliner Concert Schedule**

10:00 am: Opening Act 11:00 am: Awards Ceremony 11:30 am: Everclear (Set 1)

12:30 pm: DJ

1:30 pm: Everclear (Set 2)

2:30 pm: DJ

#### Finish Line & Headliner Concert Parking

**From the 202:** Exit south onto Priest Drive, turn left at University Drive and proceed to the parking lots on Ash Avenue, Mill Avenue or Rural Road, south of University.

**From Tempe:** Drive north on Mill Avenue or Rural Road to the parking lots south of University.

From the 101: Exit west on Broadway, turn right (north) on Rural Road or Mill Avenue and proceed to parking lots south of University.

Light Rail Stop 22 - Veteran's Way and College Avenue: The Finish area is 1/2 mile east of Stop 22. After enjoying the Finish festivities, walk towards Wells Fargo Arena then past Sun Devil Stadium to Stop 22. You can also use Stop 22 to get to and from the Kids Race.

#### **Live Results**

With Live Results, your family and friends can track your progress on the course, even if they're not at the race! Each participant's time will be recorded at the 10k, half marathon, 20-mile mark and finish for the **Marathon**, and the 5k, 10k, 10-mile mark and finish for the **1/2 Marathon**. Times are available 60 seconds after you cross each split. To view race day Live Results, visit arizona.competitor.com and click the Live Results button on the homepage.

#### **New! Runner Tracking**

Have your family and friends track your progress to the finish line on their mobile phone! Text updates will be sent to them throughout the race, including when you start and finish. Visit **competitorwireless.com** to get started!



#### **Official Race Results**

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Official race results will be posted on marathon.azcentral.com by 7 pm (MST) on race day, January 17, through January 24. Thereafter, results will be posted on arizona.competitor.com. Be sure to pick up a copy of *The Arizona Republic* on January 18 for stories, photos, results and complete race coverage from start to finish.

#### **Race Telecast**

The P.F. Chang's Rock 'n' Roll Arizona Marathon & ½ Marathon will air locally on FOX 10 on Sunday, January 24, from 3 to 4 pm (MST).

### Extend Your Stay. & Rock On!

#### Awards and Commemoratives....

#### Age Group Awards & Prize Purse

P. F. Chang's Rock 'n' Roll Arizona is offering a prize purse for the Men's and Women's Marathon Invitational. Age group plaques will be awarded 3-deep in all divisions for the marathon and half marathon, for both male and female categories. Awards will be mailed within 4 to 6 weeks. In accordance with USATF rules, overall and cash awards will be determined by gun time while age group awards will be determined by ChronoTrack time.

#### **Official Race Photographers**

**::**ASIPHOTO

Action Sports International (ASI) is the Official Photographer and supplier of photo-related products for the P.F. Chang's Rock 'n' Roll Arizona. ASI will be taking photographs of you on the course, at the finish line and after you finish as you pose proudly with your medal. Please keep your race number visible at all times so ASI can identify your photos. A few days after the race, you can view and order photos at asiorders.com. Stop by the ASI booth at the Expo for special offers, to view course photo locations and more. No other commercial photographers are sanctioned by the event.

#### **Fond Memories Graphics**

Preserve the memory of your achievement forever with a personalized shadow box or frame engraved with your name and finish time. All of our products include an additional finisher's medal! You can also engrave your medal at our Finish Line booth. View the full line of products at fondmemoriesgraphics.com.

#### Rock On!

#### Welcome to the Valley of the Sun!

From exhilarating scenery, to striking sunsets, signature spas and a variety of outdoor and cultural experiences- there's no place on earth quite like Arizona. With more than 500 hiking trails, 300 golf courses and over 300 days of sunshine a year, we hope you can extend your stay and enjoy some of the highlights.

#### P.F. Chang's Warrior Card

Fuel up with P.F. Chang's! Dan Dan Noodles or Chang's Spicy Chicken will boost your spirits and energy before or after the race. Check your mailbox for a special P.F. Chang's Rewards card, good for 15% off all your favorite dishes and drinks through March 31, 2010. If you register after December 15, 2009, you will receive your P.F. Chang's card in the mail after the race. Make your reservation today: 1-866-PFCHANG (1-866-732-4264).

#### **Running Legends Happy Hour**

Thursday, January 14, 5 pm to 7 pm

P.F. Chang's Scottsdale Waterfront, 7135 E. Camelback Road

Mix and mingle with fellow race participants and be inspired by Runner's World columnist, John "the Penguin" Bingham, and running legends Josh Cox, Dean Karnazes, Ryan Hall and Steve Scott. These running celebs will be "hanging out" at the Waterfront P.F. Chang's on January 14, and giving you tips on how to run your best race yet. Q & A's will take place around 5:30 pm, with delicious appetizers and giveaways available throughout the event.

#### **Reward Yourself with Massage Monday**

You've trained hard for months, pushing your body to the limit. After the race, you deserve to be pampered! Indulge in some well-deserved pampering with Massage Monday specials at participating Scottsdale spas. Designed specifically to help you unwind after the big day, these massage packages are just \$75! Visit experiencescottsdale.com/rocknroll for details.

#### **Official Headquarter Hotels**

Relax in luxury at an official race hotel, and take advantage of reduced participant rates and supreme service. Book now for the best selection. For phone reservations, contact the hotel directly and reference P.F. Chang's Rock 'n' Roll Arizona to receive the discounted rate. Or book online at arizona.competitor.com/travel.

Many hotels will be providing race day shuttles. Look for the shuttle icon next to the hotel listing on our website, or call the hotel directly and ask if they are providing this service. For group travel, please email grice@competitorgroup.com or call 1-800-311-1255.

#### **Airlines**

Phoenix Sky Harbor International Airport is the closest major airport when traveling to Phoenix, Scottsdale or Tempe.

#### Should I Rent a Car in Arizona?

The P.F. Chang's Rock 'n' Roll Arizona events are spread throughout three host cities. Phoenix. Scottsdale and Tempe, and it is not be possible to walk to every venue. Check with your hotel to find out how far you are from the Expo, Start and Finish, and if the hotel will be providing any race weekend transportation. With so many interesting places to explore in Arizona, you may want a car to take in all the attractions.

#### The Local Scene

azcentral.com THE ARIZONA REPUBLIC

Look to azcentral.com for the most ideas on things to do across the Valley - from dining and travel, to local events and things to do with your kids and outdoors - you'll find it all on azcentral.com.

#### **Extend Your Stay & Rock On!**

Arizona is a state of sweeping range, dramatic abundance and endless fun. You can tee off on championship fairways, speedboat through colossal lakes, go from sun bathing to snow skiing in a day, then wake up and do it all over again. Wherever your sense of adventure leads you, you'll always find yourself at the perfect destination. Plan your adventure at arizonaguide.com and browse the 'packages & deals' section for special offers.

For statewide travel, including information on the Grand Canyon, visit



www.arizonaguide.com 1-866-708-8121



www.visitphoenix.com 1-877-CALLPHX



www.experiencescottsdale.com 1-888-936-7786



www.tempecvb.com 1-800-283-6734



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